

CrossFit



B

I

N

G

O

Bring a friend to a Saturday Class

Take an after WOD picture and tag CrossFit LT on social media

800m farmer's carry with partner

Write a review on Google or Facebook

Partner WOD with someone you've never partnered with

Come to class 4 days in a row

Row 2000m before class

Attend a Sunday Open Gym

Attend 15 Classes in the month of October

Put one of the new and FREE CFLT decals on your car

50 cal on assault bike

Do 10 unbroken Double Unders or 50 unbroken Singles

Attend one of our Specialty Clinics on any Saturday

Do 5 Tire Flips before class

Check in on Facebook and tag your workout buddy

Attend a 5:00 am or 6:00 am Class

Update your Pike13 account information (to include photo / birthdate / credit card)

PR a lift or Workout

Attend a 5:00 pm or 6:00 pm Class

Write a testimonial for our website & submit to info@crossfitlt.com

Wear CFLT gear to a class

Attend one of our Yoga classes

Post a sweaty selfie on CrossFit LT's page

Tag CrossFit LT on Social Media wearing CFLT gear outside of class time

Complete 50 Synchronized burpees with a classmate